

Calgary



Fall 2019



Village Square Leisure Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Music Aerobics Lg 1/4 Gym Oct 21 - Dec 16 10 - 10:45 a.m. Course ID 36513 \$56.00	Adapted Fitness Age 18+ Sept 10 - Dec 10 10 a.m. - noon Call 403-366-3935 for details	Adapted Fitness Age 18+ Sept 11 - Dec 11 10 a.m. - noon Call 403-366-3935 for details	Adapted Fitness Age 18+ Sept 12 - Dec 12 10 a.m. - noon Call 403-366-3935 for details	Adapted Fitness Age 18+ Sept 13 - Dec 13 10 a.m. - noon Call 403-366-3935 for details
Drumming Castleridge Room Oct 21 - Dec 16 11:15 a.m. - noon Course 36510 \$56.00	Floor Curling Gym Oct 15 - Dec 10 10 - 10:45 a.m. Course ID 36519 \$63.00	Scrapbooking Castleridge Room Oct 16 - Dec 11 10 - 10:45 a.m. Course ID 36506 \$63.00	Drum Aerobics Activity Room Oct 17 - Dec 12 9:45 - 10:30 a.m. Course ID 36508 \$63.00	
Water Polo Pool Oct 21 - Dec 16 11:30 - 12:15 p.m. Course ID 36516 \$56.00		Boxercise Activity Room Oct 16 - Dec 11 10:30 - 11:15 a.m. Course ID 39477 \$63.00	Drum Aerobics Activity Room Oct 17 - Dec 12 10:45 - 11:30 a.m. Course ID 36509 \$63.00	
Balance & Strength (Gentle Fitness Level 2) Studio 11 a.m. - noon Ongoing Drop-In with Admission	Bone Builders (Gentle Fitness Level 3) Studio 10:05 - 11:05 a.m. Ongoing Drop-In with Admission	Balance & Strength (Gentle Fitness Level 2) Studio 11 a.m. - noon Ongoing Drop-In with Admission	Bone Builders (Gentle Fitness Level 3) Studio 10:05 - 11:05 a.m. Ongoing Drop-In with Admission	Balance & Strength (Gentle Fitness Level 2) Studio 11 a.m. - noon Ongoing Drop-In with Admission
Qigong (Gentle Fitness Level 3) Studio 12:10 - 1 p.m. Ongoing Drop-In with Admission	Dance Yourself Fit - Light (Gentle Fitness Level 3) Large 1/4 Gym 12:10 - 1 p.m. Ongoing Drop-In with Admission	Music Aerobics Lg 1/4 Gym Oct 16 - Dec 11 12:15 - 1:00 p.m. Course ID 36514 \$63.00	Dance Yourself Fit - Light (Gentle Fitness Level 3) Large 1/4 Gym 12:10 - 1 p.m. Ongoing Drop-In with Admission	Dance Yourself Fit - Light (Gentle Fitness Level 3) Studio 12:10 - 1 p.m. Ongoing Drop-In with Admission
Drumming Castleridge Room Oct 21 - Dec 16 12:15 - 1 p.m. Course ID 36511 \$56.00	Adapted Fitness Age 18+ Sept 10 - Dec 10 noon - 2 p.m. Call 403-366-3935 for details	Adapted Fitness Age 18+ Sept 11 - Dec 11 noon - 2 p.m. Call 403-366-3935 for details	Adapted Fitness Age 18+ Sept 12 - Dec 12 noon - 2 p.m. Call 403-366-3935 for details	Adapted Fitness Age 18+ Sept 13 - Dec 13 noon - 2 p.m. Call 403-366-3935 for details
Mind-Body Serenity (Gentle Fitness Level 3) Studio 1:10 - 2 p.m. Ongoing Drop-In with Admission	Movement Matters (Gentle Fitness Level 1) Activity Room 1:10 - 2 p.m. Ongoing Drop-In with Admission		Movement Matters (Gentle Fitness Level 1) Activity Room 1:10 - 2 p.m. Ongoing Drop-In with Admission	
Drumming Castleridge Room Oct 21 - Dec 16 1:15 - 2 p.m. Course ID 36512 \$56.00	Sports South Gym Oct 15 - Dec 10 1:15 - 2 p.m. Course ID 36515 \$63.00	Dance Aerobics (Seated) Activity Room Oct 16 - Dec 11 1:20 - 2:05 p.m. Course ID 36517 \$63.00	Floor Curling Lg 1/4 Gym Oct 17 - Dec 12 1:15 - 2 p.m. Course ID 36518 \$63.00	
Ever Active (Gentle Fitness Level 3) Studio 7:10 - 8:10 p.m. Ongoing Drop-In with Admission	Strength & Stretch (Gentle Fitness Level 2) Beltline Aquatic & Fitness Centre 6:30 - 7:30 p.m. Ongoing Drop-In with Admission			